

 Inclusion Recovery Hampshire

 @Inclusion_hants

 www.inclusionhants.org



Inclusion Recovery Hampshire

Awareness session

for Adult Services

What we will cover

- *Basic drug awareness*
- *What is substance misuse*
- *Having conversations about substance use*
- *Signs of use*
- *Support services*

What is a drug?

A drug is any substance (with the exception of food and water) which, when taken into the body, alters the body's function either physically and/or psychologically.

Drugs may be legal (e.g. alcohol, caffeine and tobacco) or illegal (e.g. cannabis, ecstasy, cocaine and heroin). Prescribed or over the counter medications can also be problematic. (Diazepam, Codeine)

Why might people use drugs?

- *There friends use*
- *To escape reality*
- *To block out trauma*
- *A means of socialising*
- *To relax*
- *To self medicate – mental health / trauma / physical and emotional pain*
- *Pain relief*
- *For fun*
- *To fit in / peer pressure*

When does substance use become substance misuse?

- *Use of drugs without prescription?*
- *Misuse of a prescribed drug?*
- *Use of drugs for pleasure rather than medical purposes?*
- *Risky use of drugs?*
- *Using until you are addicted?*
- *Being reliant on substances to manage emotions*

Conversations about substance use

Try to be curious rather than judgemental

Be aware of your tone of voice and body language

Be aware that people may be afraid of judgement or professional involvement

Try to convey that you want to support them

Usually people will share more if they feel relaxed and not judged

What to ask

- *Do you use drugs or alcohol?*
- *Alone / Who with?*
- *How much and how often?*
- *How much do you spend?*
- *How do you take it?*
- *How does it makes you feel?*
- *How long have you been using?*
- *Are you aware of the risks?*
- *Are you happy with your use?*

How might someone present

- *Slurring or incoherent speech*
- *Agitated or restless*
- *Lethargic or disassociating*
- *Overly confident or paranoid*
- *Chewing or gurning*
- *Cold like symptoms, sniffing*
- *Track marks / signs of injecting*

These could also be signs of poor mental health

This will be dependant o the substance used, frequency and amount of use and how long an individual has been using for.

What you may see within the home

- Alcohol - Excessive empty bottles or cans
- Heroin - Burnt foil or injecting equipment
- Crack cocaine - Glass or home made pipes or injecting equipment , smell of ammonia
- Cocaine - Rolled bank notes
- Cannabis – Pipes, bongs (shop bought or home made), Hand rolled cigarettes with cardboard filters, grinders – smell of cannabis
- Other unknown adults within the home – Cuckooing / exploitation

Alcohol units

COULD YOUR DRINKING BE PUTTING YOUR HEALTH AT RISK?



PINT OF LAGER
4% ABV

2.3 UNITS



PINT OF BITTER
5% ABV

2.8 UNITS



PINT OF STRONG BEER/LAGER/CIDER
5.2% ABV

3 UNITS



500ml CAN OF LAGER
3.8% ABV

1.9 UNITS



750ml BOTTLE OF WINE
13.5% ABV

10 UNITS



175ml GLASS OF RED OR WHITE WINE
13% ABV

2.3 UNITS



250ml GLASS OF RED OR WHITE WINE
13% ABV

3.3 UNITS



50ml GLASS OF FORTIFIED WINE (E.G. SHERRY)
20% ABV

1 UNIT



25ml SINGLE SPIRIT AND MIXER
40% ABV

1 UNIT



50ml DOUBLE SPIRIT AND MIXER
40% ABV

2 UNITS



275ml BOTTLE OF ALCO-POP
5% ABV

1.4 UNITS



50ml DOUBLE IRISH CREAM LIQUEUR
20% ABV

1 UNIT

Recommended guidelines are no more than 14 units in a week for both men and women.

Inclusion Services

Inclusion Recover Hampshire is made up of a range of Teams, who offer a range of support to individuals and their families experiencing issues with substance misuse. These include

- Inclusion Hubs – offering support to adults over 25
- Catch 22 – offering support to young people up to 25
- Inclusion 22 – Supporting children of substance misusing parents
- Parent support link – Offering support to family and friends

What we do

Inclusion hubs

Community based services offering support and treatment to any adult over 25, experiencing issues with substance use.

Services include:

- Assessment and treatment planning
- Substitute prescribing
- Community and residential detox
- Psychosocial interventions – 1-1 and group work
- Holistic therapies - Auricular acupuncture
- Counselling
- Residential rehabilitation

Where are the hubs located

Andover

Aldershot with Bordon Satellite service

Basingstoke with Alton Satellite service

Eastleigh

Fareham

Gosport

Havant including Waterlooville, Petersfield & Hayling Island

New Forest – New Milton main hub with Totton & Ringwood Satellite service

Winchester

Inclusion Recovery Hampshire

- Self
- Via GP
- Via Hospital
- Via any organisation

HOW TO REFER ?

Inclusion Recovery Hampshire

Contact details



Tel: 0300 124 0103

Website:

<https://www.inclusionhants.org/>

Catch 22

Who do we work with

- *We work with all substances from cannabis and alcohol to people injecting heroin and using crack cocaine*
- *We work in a young person friendly way – just because they have turned 18 doesn't mean they can engage with services in an adult way*
- *Our primary focus is on education & harm reduction – however if the young person wants to work towards or maintain their abstinence, we will work with that*
- *We offer advice and consultation to professionals when young people refuse to engage with us*
- *Sometimes we have to 'sell the service' to young people as they are reluctant to engage*

Catch 22

Contact details

Telephone number: 0800 599 9591

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Parent Support Link - PSL

Parent support link supports family and friends of people who are using substances and are problematic gamblers

They provide 24-hour support to parents, carers, family members and friends

Tel: 02380 399764

[Home - Parent Support Link \(pslcharity.org.uk\)](http://pslcharity.org.uk)

Any Questions?